



## LYME DISEASE



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Lyme disease is spread by the bite of a deer tick. When the deer tick is in its nymphal stage, it is about the size of a pinhead, making it very hard to detect. The larger adult deer tick can also spread the disease. Lyme disease was first found in the United States in 1975, after a mysterious outbreak of arthritis near Lyme, Connecticut. If you get Lyme disease, you may feel tired, have chills, fever, headache, and muscle and joint pain. You may also get a rash that looks like a bull's-eye surrounding the spot of the tick bite. Campers, hikers, and people who live or work in wooded, brushy, and grassy areas are most at risk. You can do a lot to avoid getting Lyme disease. When in a "ticky" area, wear light-colored clothes so you can see ticks more easily. Wear long sleeves and long pants. Tuck your pants in your socks or boots. Use bug repellent and walk in the center of trails to avoid as much grass and brush as you can. After being in a "ticky" area, check your body for ticks and remove any with tweezers.